

Karen M Gridley Biography



The Excuse Removal Expert™

Karen M Gridley

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Karen Gridley is The Excuse Removal Expert™. She gets people results by getting them out of their own way and removing their excuses to take control of their business and their life. As a **Recovering Excuse Maker™** herself, Karen gives practical tools for people focusing on real communication and real business through real world application.

Clients shift **from** procrastination, poor communication, blaming, morale issues stress, and overwhelm **to** productive action, improved communication, accountability, greater teamwork, work-life balance and effectiveness.

Karen leads Corporate Teams, Business Owners, Individuals, and Professional Associations to achieve success and fulfillment by increasing productivity and profits and decreasing stress. She is the best-selling author of *Embrace Your Rights*, and has appeared on National Television.

Topic Areas:

Getting Out of Your Own Way • Dealing with Stress and Overwhelm • Mindset During Challenging Times

Client Sampling:

- Castro Valley Sanitary District
- CO Department of Transportation
- BSA Health System
- Caltrans
- Washoe County School District
- International Virtual Assistants Association (IVAA)
- Arizona Business Travel Association (AZBTA)
- Women's Conference – Franciscan Renewal Center
- Chambers of Commerce
- Kiwanis • Soroptimist • ABWA • NAWBO

Education:

- BS, LeMoyne College
- AAS, Onondaga Community College
- Jack Canfield Trainings – Breakthrough To Success – Advanced – Platinum